

## SECTION 4

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## MEAL PLANNING

Meals served on the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) must meet the following nutrition goals established by USDA in order to qualify for reimbursement.

- Breakfast meals must meet 1/4 the Recommended Dietary Allowance (RDA) for protein, vitamin A, vitamin C, calcium and iron.
- Lunch meals must meet 1/3 the RDA for protein, vitamin A, vitamin C, calcium and iron.
- Meals must meet age-appropriate calorie goals.
- Meals must meet the Dietary Guidelines for Americans which include:
  - 30% or less of calories from fat
  - 10% or less of calories from saturated fat
  - decrease in sodium
  - decrease in cholesterol
  - increase in fiber
  - increase in carbohydrates

### Menu Planning Options

To achieve the nutrition goals of the NSLP and SBP (Exhibit A & B), menus must be planned one of two ways, using either a meal pattern or using a computerized nutritional analysis software program. Sponsors can choose from one of four\* menu planning methods:

#### Meal Pattern

- 1) Traditional Food-Based Meal Pattern
- 2) Enhanced Food-Based Meal Pattern

#### Computerized Nutritional Analysis

- 1) Nutrient Standard Menu Planning (NSMP)
- 2) Assisted Nutrient Standard Menu Planning (ANSMP)

\*School Food Authorities or State Agencies may develop alternate menu planning approaches that differ from the above. Guidelines from Section 7 Parts 210.10 and 220.8 of CFR on alternate menu planning must be followed.

The **Traditional Meal Pattern** consists of five different food items from four food component groups: meat/meat alternate, grains/breads, vegetable/fruit and fluid milk (Exhibit C). Minimum quantities of each component are specified by grade/age. Refer to the *Menu Workbook and Food Buying Guide* for specific information on the traditional meal pattern.

**Food Based Meal Pattern** follows the same structure as the traditional meal pattern, but with different grade/age groupings and increased serving sizes for fruit/vegetable and grain/bread components for lunch (Exhibit D). The quantities for breakfast are the same as required by the Traditional Meal Pattern, but it is recommended that an additional serving of grain/breads be offered to grades 7 - 12. These enhancements to the Traditional Meal Pattern make it easier to achieve the nutrition goals.

Sponsors are encouraged to have their menus analyzed when using either the Traditional or Food Based Meal Patterns to ensure that the nutrition goals are met.

**Nutrient Standard Menu Planning** is based upon the analysis of nutrients in the offered foods. Meals are designed to meet the nutrition goals; there is no set meal pattern. The only food required to be offered is milk. The nutrient analysis requires use of USDA-approved computer software. Call your NSL specialist for a list of the approved software.

Benefits of NSMP include:

- Flexibility in menu planning
- Enhanced program image; nutrient analysis serves as public relations tool
- Increased technological skills
- Sponsors preparing meals for the SFSP or CACFP may use NuMenus for these programs

**Assisted Nutrient Standard Menu Planning** is similar to NSMP, but menus are analyzed by entities other than the sponsor, such as consultants, food service management companies, other school food authorities or other school consortia. If ANSMP are used and changed to fit the needs of a sponsor, the altered menus must be reanalyzed.

Benefits of ANSMP include:

- All of the benefits of NSMP
- Model menus are available
- Possible transition to NSMP
- Sponsor is not required to purchase computer hardware and software nor train on these

When the NSMP or ANSMP method is used the guidelines below must be followed:

#### Nutrient Analysis

- All foods served, including condiments, are considered in the analysis.
- The nutritional analysis is based on menus averaged over a one-week period.
- Breakfast menus may be averaged with lunch menus or they may be analyzed separately.
- A weighted nutrient analysis method must be used. Weighted nutrient analysis gives more weight to the nutrients in the foods that are more frequently selected.

#### Grade Group or Age Group must be used

- Grade Groups:
  - Preschool
  - Grades K - 6
  - Grades 7 - 12
  - Optional group K - 3
- Age Groups:
  - Ages 3 - 6
  - Ages 7 - 10
  - Ages 11 - 13
  - Ages 14 – 17

Please refer to your *Healthy School Meals Training Manual* for more complete information on the Food Based, NSMP and ANSMP menu planning options.

### Meal Requirement

- Lunch - A minimum of 3 menu items must be offered
  - Entrée (single food item or combination of food items served as the main course)
  - Side dish (any other food item offered as part of the meal, except condiments)
  - Milk
- Breakfast - A minimum of 3 menu items must be offered
  - Milk
  - Any two other items

### Snack Meal Pattern

Sponsors who serve snacks for after school care programs must select two of the four food components (Exhibit E). Minimum quantities of each component are specified by grade/age. Refer to the Menu Workbook and Food Buying Guide for more specific information on the snack meal pattern requirements.

### Additional Meal Pattern Requirements

#### **Variety of Milk**

Schools are no longer required to offer students the same variety of fluid milk offered in the previous year. Additionally, a variety of milk must include a variety of fat contents (skim, 1%, 2%, or whole), not necessarily a variety of flavors. The milk offered may be flavored, unflavored, and lactose-free fluid milk.

#### **Whole Grain Requirement.**

All schools participating in the National School Lunch Program must purchase and offer whole grain products as part of their efforts to promote healthy eating and improving nutritional well-being. For the Arizona Department of Education's recommendations please review memo CN# 25-05.

## **OFFER VERSUS SERVE**

Offer versus serve is a serving method designed to reduce food waste and food costs in the NSLP without jeopardizing the nutritional integrity of the meals served. The unit charge for a meal is not affected under Offer Versus Serve.

### Traditional and Food Based Menu Planning

#### **Lunch**

Sponsors that use this method of serving must continue to offer all five food items of the lunch (Exhibit C & D). A student may choose three or four of the food items. To encourage students to try new foods, smaller portions may be offered. Offering smaller portions is not mandatory and is a local decision. At least three full portions of the five food items offered must be taken for a lunch to be reimbursable.

**The school may not require that certain food items be taken. The intent of offer versus serve is to allow students to choose food items they wish to eat. Students must be given the opportunity to decide which three or four food items they will eat. For example, a school may not require a student to take the meat or milk food item, but allow him/her to refuse other food items.**

Sponsors are required to implement the offer versus serve provision for senior high school students. The implementation of the offer versus serve provision in schools below the senior high school level is left to the discretion of the sponsor. The sponsor has the option of determining in which schools and grades to

implement offer versus serve and whether the student must choose **three or four** items. A student's decision to refuse one of the items does not affect the unit charge for the meal.

### **Breakfast**

- Sponsors are allowed to implement offer versus serve in their breakfast programs at some or all grade levels. A student's decision to accept or refuse one of the four components does not affect the charge for breakfast. An offer versus serve breakfast meal must meet the following requirements:
- All 4 components of the SBP pattern must be offered to all students.
- The serving size offered of those four components must be consistent with the minimum quantities specified on the SBP meal pattern chart (Exhibit C & D).
- The student must select full sized portions of at least 3 of the 4 offered components of the SBP meal pattern.

### **NSMP and ANSMP**

Sponsors who plan menus using NSMP or ANSMP may serve meals under the offer versus serve provision. The following guidelines must be met.

### **Lunch**

- Offer minimum of 3 menu items
- Students must select at least 2 items
- 1 item must be an entree
- When more than 3 menu items are offered, students may decline a maximum of 2 items

### **Breakfast**

- Offer a minimum of 3 menu items
- Students must select at least 2 items
- When more than 3 menu items are offered, students may decline a maximum of 1 item

## **FOOD PRODUCTION RECORDS**

After planning menus with the foods and portion sizes needed to meet meal pattern requirements, a food production record must be prepared for each day's menu. Most of the production record can be filled out a couple of weeks or a month **in advance**. This record is a planning tool for the food purchasing and preparation stages of the meal and documentation that the meals meet meal requirements. The purposes of the production record are threefold: 1) to direct production, 2) to record production information, and 3) to direct purchasing.

The production record is especially valuable for planning in offer versus serve situations. Forecasting the quantity to prepare when several choices are available, or when the number served fluctuates, is difficult. Accurately completed production records that document the portions of each food item served can eliminate some of the guesswork.

A food production record may be very simple or very detailed. At a minimum, it should contain the following information for each daily menu:

- The menu and date served
- Foods used to meet requirements including all condiments
- Quantity of foods prepared
- Quantity of food served
- Number of portions prepared and served
- Portion size

In addition, precosting and postcosting information, recipe source, and comments about acceptance of the foods may be included.

Schools that are feeding infants need to follow the infant meal pattern and use the infant feeding record found in Appendix F and G.

Sponsors will receive a School Meals Initiative (SMI) visit to determine the progress they are making toward meeting the federal guidelines for the Nutrition Goals for the NSLP and SBP. School meals must provide, on average, over a week, one-third of the Recommended Dietary Allowances (RDA) for lunches and one-fourth of the RDA for breakfasts for specific nutrients. A computerized nutritional analysis will be conducted of the school's menus. In order for the analysis to be accurate, production records must contain specific details regarding the food served. For example, portion sizes should be indicated using proper weight measurements (oz, pounds) and any pertinent information describing the food (commodity, brand name, etc.). Remember that the nutritional analysis will only be as accurate as the information given on the production records.

Refer to the *Menu Workbook and Food Buying Guide* for more information and examples of food production records.

## **STANDARDIZED RECIPES**

A standardized recipe is one that has been tested and known to produce the same results and yield every time it is used. It defines the procedures, the equipment and the quantity and quality of ingredients to be used. Standardized recipes offer many benefits such as, quality control, portion and yield control, cost control, creativity, and accurate nutrient analysis. All schools on NuMenus meal pattern must develop and follow standardized recipes. If a school has their own recipe, it must be standardized and analyzed.

## **NONCREDITABLE FOODS**

Non-creditable foods may be served as an extra item at the meal but may not be counted as part of a reimbursable meal. Non-creditable foods will be included in the nutritional analysis. See Exhibit H for a list of non-creditable foods.

However, if NuMenus is being utilized, all menu items are analyzed and must meet the guidelines before serving.

## COMPETITIVE FOODS

Competitive foods are any foods sold in competition with meals served under the National School Lunch and School Breakfast Programs. Sponsors must establish rules or regulations as are necessary to control the sale of these foods during meal services. **Competitive Foods** are classified as **non-restricted** or **restricted**. State agencies may impose additional restrictions on the sale of and income from all foods sold at any time throughout schools participating in the program.

### Non-restricted Competitive Foods

Non-restricted competitive foods may be sold, at the discretion of the sponsor, in the cafeteria during the lunch and breakfast periods. They do not count as part of the reimbursable meal.

Non-restricted foods include:

- Ice cream
- Ice milk
- Water ices which include fruit or fruit juice
- Non-carbonated beverages
- Certain carbonated beverages (Contact the CNP office for the carbonated exemptions)
- Chips
- Flavored candies which may contain nuts, peanut butter, caramel, coconut, nougat centers, milk-based filling or other similar ingredients.

The proceeds from the sale of non-restricted competitive foods within the food service area may accrue to the nonprofit school food service, the school or the student organizations approved by the school. The proceeds from the sale of non-restricted competitive foods outside the food service area may accrue to any organization approved by the sponsor.

### Restricted Competitive Foods

Restricted competitive foods, sometimes referred to as "foods of minimal nutritional value", may not be sold in the food service area during the breakfast and lunch periods where a reimbursable meal is sold or eaten. They may be sold, at the discretion of the sponsor, in other areas of the school campus through the school day. Exhibit I provides a complete list of the restricted competitive foods.

**Food service area** is the cafeteria or other areas in the school where meals subsidized by the National School Lunch and School Breakfast Program are served or eaten. Lunch period and breakfast period are the times designated for the service and/or consumption of meals.

### Purchasing Restricted Competitive Foods

The nonprofit School Food Service Account (SFSA) may be used to purchase restricted competitive foods in those circumstances where the foods will be sold outside the program meal periods, for example before and after school and/or outside the food service areas during meal periods. However, under no circumstances may nonprofit SFSA funds be used to support or subsidize the purchase of restricted competitive foods. The food service account must be self-sustaining. That is, the income from restricted competitive foods must be equal to or greater than the purchase price and other expenses associated with selling or giving away such foods when these expenses are charged to the nonprofit SFSA.



## State of Arizona Impending Law Regarding Restricted Competitive Foods

On April 26, 2005 House Bill 2544 was signed by Governor Janet Napolitano requiring Arizona K-8 schools to implement Nutrition Standards as developed by ADE. This law will require schools to implement the nutrition standards by July 1, 2006. More information regarding the nutrition standards will be forthcoming. The following details specific bill requirements.

- All elementary, middle, and junior high schools must participate in the NSLP.
- Foods of Minimal Nutritional Value (FMNV) shall not be served or sold during the normal school day.
- The portion size, and minimum nutrient values of foods served must meet ADE standards.
- A la carte and vended products must meet ADE standards.
- All contracts with food and beverage vendors must prohibit the sale of FMNVs.

## Restrictions on the Sale of Milk

Sponsors of the NSLP **may not** restrict the sale of milk on school premises or during school events.

## **MENU SUBSTITUTIONS IN CHILD NUTRITION PROGRAMS**

### Medical or Special Dietary Needs

Regulations **require** that substitutions be made to the standard meal patterns for participants who are considered disabled and whose disability restricts their diet; substitutions are **permitted**. A disabled child has been defined as one who has a physical or mental impairment, which substantially limits one or more major life activities. Major life activities are defined to include functions such as caring for one's self, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning, and working. However, it is not required that substitutions be made for participants who are **not** disabled but are unable to consume regular program meals because of medical or other special dietary needs. Refer to *Accommodating Children with Special Dietary Needs in the School Nutrition Programs*, for more information. A copy can be obtained from the CNP Office.

For **non-disabled students**, all exceptions **must** be supported by a statement from a recognized medical authority and maintained on file in the school. A recognized medical authority may include licensed physicians including, Naturopathic, Osteopathic, and Homeopathic, physician assistants, nurse practitioners, registered nurses and registered dietitians.

The supporting statement shall include:

- a. An indication that the medical or dietary need restricts the child's diet; and
- b. The food(s) to be omitted and the food(s) that may be substituted.

For **disabled students**, a licensed physician must make the determination of whether or not a participant has a disability, which restricts his or her diet. The statement must be kept on file in the school. See exhibit J.

The supporting statement shall include:

- a. The individual's disability and an explanation of why the disability restricts the child's diet.
- b. The major life activity affected by the disability.

- c. The food(s) to be omitted and the food or choice of foods that must be substituted. If the disabled child requires only textural modifications to the regular program meal, the medical statement is recommended, but not required.

Sponsors should be aware that the *Individuals with Disabilities Education Act (IDEA)* imposes requirements which may affect them, including the service of meals even when such service is not required by the Child Nutrition Programs. For example, the individualized education program developed for a child under the *IDEA* may require a meal to be served outside of the regular meal schedule for program meals or may require a breakfast to be served in a school which does not participate in the School Breakfast Program. While the sponsor may not claim these meals as program meals, it may use the same food service facilities or food service management company to provide these meals as it uses to provide program meals, and program funds may be used to pay for the costs associated with the *IDEA* required meals.

Reimbursement for meals served with an authorized substitute food shall be provided at the same reimbursement rate as meals, which meet the meal pattern. However, there must **not** be an additional charge to the child for the substituted food. While any additional costs for substituted foods are considered allowable program costs, no additional reimbursement is available.

The sponsor is also responsible for the accessibility of food service sites and for ensuring the provision of aides, where needed. As with additional costs for substituted foods, any additional costs for adaptive feeding equipment or for aides are considered allowable costs. However, no additional program reimbursement is available.

It is recommended that food service personnel work closely with the responsible family member and with all other school, child care, medical and community personnel who are responsible for the health, well-being and education of participants with disabilities or with other special dietary needs to ensure that reasonable accommodations are made to allow such child's participation in the meal service.

#### Religious, Ethnic or Economic Needs

USDA, Food and Nutrition Service (FNS), the federal agency that regulates the NSLP and SBP, may approve variations in the food components of the meals on an experimental or on a continuing basis in any school where there is evidence that such variations are nutritionally sound and are necessary to meet religious, ethnic, or economic needs. The sponsor must submit a letter to the CNP office indicating the substitutions and the reasons for their necessity. The letter is then forwarded to USDA.

There are approved variations of meal patterns for Jewish and Seventh-day Adventists schools. Contact your specialist for more information.

#### Milk – Substitutions for Non-Medical Reasons

LEAs *may* substitute non-dairy beverages nutritionally equivalent to fluid milk for medical or other special dietary need. The request may be made by a medical authority or by a parent or guardian. Nutritionally equivalent must include fortification of: Calcium, Protein, and Vitamins A & D. Juice is not nutritionally equivalent to fluid milk and therefore is not an acceptable substitution under these circumstances.

## CONVENIENCE FOOD DOCUMENTATION

When commercial products are used in Child Nutrition Programs to meet the meal pattern requirement, the sponsor must determine these products' contributions. Child Nutrition labels and product analysis sheets provide valuable information and only these will be accepted as documentation.

### Child Nutrition (CN) Label

A CN label is a product label found on meat, poultry, seafood, meat alternate and juice products which contain a statement that clearly identifies the contribution that the product makes toward the meal pattern requirements. A CN labeled product provides a warranty against audit claims, if used according to the manufacturer's directions, for noncompliance with the meal pattern requirement. This warranty applies to the CN labeled product portion, not the entire meal.

If a state or federal auditor finds that a CN labeled product does not actually meet meal pattern requirements claimed on the label, the auditor will report this finding to the FNS national office. FNS will prepare a report on the findings and send it to the appropriate agency for action against the company. That office will then be responsible for auditing production records to determine whether the product, as produced, met the conditions of the CN label statement before it left the plant. If the audit shows that the product, as produced, does not meet the label statement, any or all of the following actions may be taken:

- The company's CN label may be revoked for a specific period of time.
- The appropriate agency may pursue a misbranding or mislabeling action against the company producing the product.
- The company's name will be circulated to FNS regional offices or FNS will require the food service program involved to notify the state office of the labeling violation.

A CN label statement does **not** do the following:

- Assure that a product is "good for children"
- Assure that a product is "acceptable" to children
- Suggest that products without CN statements are inferior.

### SAMPLE CN LABEL

CN	000000
<p>This 5.00 oz.-Pizza with Ground Beef and Vegetable Protein Product provides 2.00 oz. Equivalent meat/meat alternate, ½ cup serving of vegetable, and 1 ½ servings of grains/breads for the Child Nutrition Meal Pattern Requirement. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 00-98.</p>	
CN	

#### Product Specification Sheet

A product specification sheet is written by the manufacturer and contains a statement that clearly identifies the contribution that the product makes toward the meal pattern requirements. This statement is based on formulation and/or laboratory testing. **A product specification sheet carries no USDA warranty nor do Nutrition and Technical Services Division review it.**

In order to determine a product's contribution toward the meal pattern, the following information should be included:

- weight of raw portion
- percent of raw meat or poultry
- percent fat of raw meat
- percent dry vegetable protein products (VPP) if product contains VPP
- percent protein of the vegetable protein product (on an as purchased basis)
- certification that the vegetable protein product used meets USDA-FNS requirements.

Sponsor's may verify the accuracy of the information on a product specification sheet by having the product tested at an independent laboratory.

#### Nutrient Data Requirements

Nutrient data, or nutrition facts, from the food manufacturer must be requested for food items that are offered in school meals which do not appear in the National Nutrient Database for Child Nutrition Programs. Nutrient analysis data or the Nutrition Facts label must be obtained from the food manufacturer, food distributor and/or food broker. It is not necessary to obtain nutrition facts labels for general food items such as canned, frozen, or fresh fruits or vegetables, common bread types, milk, eggs, cheese or other items for which there is a standard of identity, such as for mayonnaise or enriched bread. These types of items will be found in the nutrient database. Nutrient data must be collected for all menu planning options in order for a nutrient analysis to be conducted and to support the requirements of meeting the Dietary Guidelines for Americans.

## Advertising Literature

Advertising literature is information provided by the company which may contain valuable information about one or more of the company's products but it **may not** be used to support the contribution that a product makes toward the meal patterns.

For more information on Convenience Food Documentation, please refer to the *Menu Workbook and Food Buying Guide*.

## **DESIGNATED MEAL HOURS**

### Breakfast

Sponsors should give first consideration to establishing a breakfast period prior to the start of the first class of the day. If this is not feasible due to constraints such as pupil transportation, the next alternative could be a breakfast period between the first and second class or a breakfast served in the classroom. Breakfast must be served before 10 a.m.

### Lunch

Lunch must be served between 10 a.m. and 2 p.m.

### Snack

Snacks may only be served to programs that provide care for children *after* their school day has ended. Children's eligibility is based on when their scheduled school day ends and not on whether or not the school continues in session. For example, if a kindergarten program ends at noon but the children remain in school under a care program snacks may be served to those children.

Alternative meal hours must be approved by FNS. Please call your assigned specialist for more information.

## **MEAL CONSUMPTION**

Program regulations clearly intend that meals reimbursed under the Child Nutrition Programs are to be served and consumed on school or school-related premises. It is not permissible to allow children to take food away from the cafeteria to eat at a later time. School meals that are given to children to take home (or elsewhere) are not reimbursable. However, meals (sack lunches) such as those taken on school supervised field trips may be reimbursed if they meet the meal pattern requirements and are served and consumed as part of a school related function. These functions must be part of the curriculum and not extracurricular events. Juice can not be substituted for milk. Meals served off-site should be subject to especially stringent sanitary and precautionary measures to avoid contamination and spoilage.

The National School Lunch Program (NSLP) is intended to feed children; it is therefore not permissible for parents to eat off of their child's plate when visiting during meal service. Adults desiring a meal are required to purchase one at a price established to cover the full cost of the meal. Also, siblings who are not eligible for the NSLP may not eat off an eligible student's plate.

## **FAMILY STYLE MEAL SERVICE**

Family style is a type of meal service that allows children to serve themselves from common platters of food with assistance from supervising adults setting the example. Family style meal service encourages supervising adults to set a personal example and provide educational activities that are centered around foods.

Unlike cafeteria lines, unitized meals, and pre-set service, the family style method affords some latitude in the size of initial servings because replenishment is immediately available at each table. Even when a complete family style service is not possible or practical, it may be useful to offer a component or components in a family style manner particularly when smaller children are being served or when a new food item is being introduced. This latitude must be exercised in compliance with the following practices, at a minimum:

1. Sufficient amount of prepared food must be placed on each table to provide the full required portions of each of the food components for all children at the table, and to accommodate supervising adult(s) if they eat with the children.
2. The family style meal service allows children to make choices in selecting foods and the size of the initial servings. Children should initially be offered the full required portion of each meal component.
3. During the course of the meal, it is the responsibility of the supervising adults to actively encourage each child to accept service of the full required portion for each food component of the meal pattern.

Sponsors are encouraged to contact their local health department for possible restrictions before beginning family style meal service.

## **RELEASE OF LEFTOVER FOOD**

Sponsors may release leftover food from their breakfast and lunch program to charitable nonprofit organizations under the following conditions:

1. Good meal production planning is followed to ensure that one meal per child is prepared.
2. The leftover food cannot be used in the school food service program and would otherwise be thrown away.
3. State and local health codes are followed.

**National School Lunch/Breakfast Programs  
REQUIRED NUTRIENT STANDARDS**

**Breakfast**

<b>Calories and Nutrient Levels for School Breakfast (school week averages)</b>			
	<b>Preschool</b>	<b>Grades K-12</b>	<b>Option Grades 7-12</b>
<b>Energy Allowances (calories)</b>	388	554	618
<b>Total Fat (g)<sup>3</sup></b>	13 <sup>1</sup>	18 <sup>1</sup>	21 <sup>1</sup>
<b>Total Saturated Fat (g)<sup>3</sup></b>	4 <sup>2</sup>	6 <sup>2</sup>	7 <sup>2</sup>
<b>Protein (g)</b>	5	10	12
<b>Calcium (mg)</b>	200	257	300
<b>Iron (mg)</b>	2.5	3.0	3.4
<b>Vitamin A (RE)</b>	113	197	225
<b>Vitamin C (mg)</b>	11	13	14

<sup>1</sup> Total fat not to exceed 30 percent over a school week

<sup>2</sup> Saturated fat to be less than 10 percent over a school week

<sup>3</sup> The grams of fat will vary depending on actual level of calories

**Lunch**

<b>Calories and Nutrient Levels for School Lunch (school week averages)</b>				
	<b>Preschool</b>	<b>Grades K-6</b>	<b>Grades 7-12</b>	<b>Grades K-3 Option</b>
<b>Energy Allowances (calories)</b>	517	664	825	633
<b>Total Fat (g)<sup>3</sup></b>	17 <sup>1</sup>	22 <sup>1</sup>	28 <sup>1</sup>	21 <sup>1</sup>
<b>Total Saturated Fat (g)<sup>3</sup></b>	6 <sup>2</sup>	7 <sup>2</sup>	9 <sup>2</sup>	7 <sup>2</sup>
<b>Protein (g)</b>	7	10	16	9
<b>Calcium (mg)</b>	267	286	400	267
<b>Iron (mg)</b>	3.3	3.5	4.5	3.3
<b>Vitamin A (RE)</b>	150	224	300	200
<b>Vitamin C (mg)</b>	14	15	18	15

<sup>1</sup> Total fat not to exceed 30 percent over a school week

<sup>2</sup> Saturated fat to be less than 10 percent over a school week

<sup>3</sup> The grams of fat will vary depending on actual level of calories

## Standard RDA Data Sheet

Not all school districts are divided into the age groups of 3-7, 7-10, 11-13 and 14-17. Therefore, the process must support the menu planner's ability to create additional RDA standards and categories by weighing, combining, and/or averaging the RDA from the four different age groups.

Schools in which the age groupings differ from the established standard may create new RDA standards that correlate with the age groups in their school districts.

The following breakfast and lunch - Standard RDA data set are to be used to determine the RDA for schools where age groupings do not correlate with standard age groupings.

### Breakfast RDA (1/4)

	Calories	Protein (g)	Calcium (mg)	Iron (mg)	Vitamin A (mg)	Vitamin C (mg)	Fat (g)*	Saturated Fat (g)**
Age 3	325	4	200	2.5	100	10	11	4
Age 4	450	6	600	2.5	125	11.25	15	5
Age 5	450	6	200	2.5	125	11.25	15	5
Age 6	450	6	200	2.5	125	11.25	15	5
Age 7	500	7	200	2.5	175	11.25	17	6
Age 8	500	7	200	2.5	175	11.25	17	6
Age 9	500	7	200	2.5	175	11.25	17	6
Age 10	500	7	200	2.5	175	11.25	17	6
Age 11	588	11.4	300	3.4	225	12.5	20	7
Age 12	588	11.4	300	3.4	225	12.5	20	7
Age 13	588	11.4	300	3.4	225	12.5	20	7
Age 14	588	11.4	300	3.4	225	12.5	20	7
Age 15	650	13	300	3.4	225	15	22	7
Age 16	650	13	300	3.4	225	15	22	7
Age 17	650	13	300	3.4	225	15	22	7

### Lunch RDA (1/3)

	Calories	Protein (g)	Calcium (mg)	Iron (mg)	Vitamin A (mg)	Vitamin C (mg)	Fat (g)*	Saturated Fat (g)**
Age 3	433	5.3	267	3.3	133	13.3	14	5
Age 4	600	8	267	3.3	167	15	20	7
Age 5	600	8	267	3.3	167	15	20	7
Age 6	600	8	267	3.3	167	15	20	7
Age 7	667	9.3	267	3.3	233	15	22	7
Age 8	667	9.3	267	3.3	233	15	22	7
Age 9	667	9.3	267	3.3	233	15	22	7
Age 10	667	9.3	267	3.3	233	15	22	7
Age 11	783	15.2	400	4.5	300	16.7	26	9
Age 12	783	15.2	400	4.5	300	16.7	26	9
Age 13	783	15.2	400	4.5	300	16.7	26	9
Age 14	783	15.2	400	4.5	300	16.7	26	9
Age 15	867	17.2	400	4.5	300	20	29	10
Age 16	867	17.2	400	4.5	300	20	29	10
Age 17	867	17.2	400	4.5	300	20	29	10

\*There is no RDA for fat. However, menu planners may also monitor the fat content of meals based on the amount of fat in grams as opposed to monitoring the percentage of calories from fat. The amount of fat (in grams) that meals contain is based on the recommended calorie level of each age group.

\*\*There is no RDA for saturated fat. However, menu planners may also monitor the saturated fat content of meals based on the amount of saturated fat in grams as opposed to monitoring the percentage of calories from saturated fat. The amount of saturated fat (in grams) that meals contain is based on the recommended calorie level of each age group.



Traditional Meal Pattern Lunch					
Minimum Quantities					
	Preschool		Grades K-3	Grades 4-12 <sup>1</sup>	Recommended Quantities Grades 7-12 <sup>2</sup>
<i>Meal Component</i>	<b>Ages 1-2 (Group I)</b>	<b>Ages 3-4 (Group II)</b>	<b>Age 5 &amp; 8 (Group III)</b>	<b>Age 9 &amp; over (Group IV)</b>	<b>Age 12 &amp; Over (Group V)</b>
<b>Milk</b> (as a beverage)	3/4 cup (6 fl. oz.)	3/4 cup (6 fl. oz.)	1/2 pint (8 fl. oz.)	1/2 pint (8 fl. oz.)	1/2 pint (8 fl. oz.)
<b>Meat/Meat Alternate</b> (quantity of the edible portion as served)  A serving of one of the following or a combination to give an equivalent quality:  Lean meat, poultry, or fish (edible portion as served)  Cheese  Large egg(s)  Cooked dry beans or peas  Peanut butter or soynut or other nut or seed butter  Yogurt  The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above:  Peanuts or soynuts or tree nuts or seed or an equivalent quality of any combination of the above meat/meat alternate	1 oz.  1 oz.  1/2  1/4 cup  2 Tbsp.  4 oz.  1/2 oz.=50%	1 1/2 oz.  1 1/2 oz.  3/4  3/8 cup  3 Tbsp.  6 oz.  3/4 oz.=50%	1 1/2 oz.  1 1/2 oz.  3/4  3/8 cup  3 Tbsp.  6 oz.  3/4 oz.=50%	2 oz.  2 oz.  1  1/2 cup  4 Tbsp.  8 oz.  1 oz.=50%	3 oz.  3 oz.  1 1/2  3/4 cup  6 Tbsp.  12 oz.  1 1/2 oz.=50%
<b>Vegetable/Fruit</b> (2 different sources)  2 or more servings of vegetable or fruit or both to total	1/2 cup	1/2 cup	1/2 cup	3/4 cup	3/4 cup
<b>Grains/Breads</b> <sup>3</sup>  Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or 1/2 cup of cooked rice, macaroni, noodles, other pasta products or cereal grains	5 per week  (minimum 1/2 serving per day)	8 per week  (minimum one serving per day)	8 per week  (minimum one serving per day)	8 per week  (minimum one serving per day)	10 per week  (minimum one serving per day)

<sup>1</sup>Group IV is the one meal pattern which will satisfy all requirements if no portion size adjustments are made.

<sup>2</sup>Group V specifies recommended, not required, quantities for students 12 years and older. These students may request smaller portions, but not smaller than those specified in Group IV.

<sup>3</sup>Minimum portion sizes and revised recipe calculations for grains/breads in Appendix II. Refer to Appendix III for infant meal pattern.

<b>Traditional Meal Pattern Breakfast</b>			
<b>Minimum Quantities</b>			
<i>Meal Component</i>	<b>Ages 1-2</b>	<b>Ages 3, 4, 5</b>	<b>Grades K-12</b>
<b>Fluid Milk</b> As a beverage, on cereal, or both	1/2 cup	3/4 cup	1/2 pint
<b>Fruit/Vegetable/Juice<sup>1</sup></b> Fruit and/or vegetable or, full-strength fruit juice or vegetable juice	1/4 cup	1/2 cup	1/2 cup
<b>Select <i>one</i> serving from each of the following components or <i>two</i> servings from one component</b>			
<b>Grains/Breads</b> One of the following or an equivalent combination:  Whole-grain or enriched bread  Whole-grain or enriched biscuit, roll, muffin, etc.  Whole-grain, enriched or fortified cereal	1/2 slice  1/2 serving  1/4 cup or 1/3 ounce	1/2 slice  1/2 serving  1/3 cup or 1/2 ounce	1 slice  1 serving  3/4 cup or 1 ounce
<b>Meat/Meat Alternates</b> One of the following or an equivalent combination:  Lean meat, poultry, or fish Alternate Protein Product <sup>2</sup> Cheese Large egg Peanut butter or other nut or seed butters Cooked dry beans and peas Nuts and/or seeds <sup>3</sup> (As listed in program guidance)  Yogurt, plain or flavored, unsweetened or sweetened	1/2 ounce 1/2 ounce 1/2 ounce 1/2 1 Tbsp. 2 Tbsp. 1/2 ounce  2 ounces or 1/4 cup	1/2 ounce 1/2 ounce 1/2 ounce 1/2 1 Tbsp. 2 Tbsp. 1/2 ounce  2 ounces or 1/4 cup	1 ounce 1/2 ounce 1 ounce 1/2 2 Tbsp. 4 Tbsp. 1 ounce  4 ounces or 1/2 cup

<sup>1</sup> Any fruit or vegetable (including juice) that is a good source of vitamin C is recommended to be offered daily.

<sup>2</sup> Must follow requirement for 7CFR Parts 210 and 220 Appendix A (ex. soy flour, soy isolate, soy concentrates, whey protein concentrates, whey protein isolate, and casein).

<sup>3</sup> No more than one ounce of nuts and/or seeds may be served in any one meal.

Enhanced Food-Based Meal Pattern Lunch					
Minimum Quantities					
<i>Meal Component</i>	Required				Option
	Ages 1-2	Preschool	Grades K-6	Grades 7-12	Grades K-3
<b>Milk</b> (as a beverage)	1/4 cup (6 fl. oz.)	3/4 cup (6 fl. Oz.)	1/2 pint (8 fl. oz. )	1/2 pint (8 fl. oz.)	1/2 pint (8 fl. oz.)
<b>Meat/Meat Alternate</b> (quantity of the edible portion as served)  A serving of one of the following or a combination to give an equivalent quality:  Lean meat, poultry or fish Cheese Large egg Cooked dry beans or peas Peanut butter or other nut or seed butters Yogurt  The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above:  Peanuts, soynuts, tree nuts or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate	1 oz.  1 oz. 1/2 1/4 cup 2 Tbsp. 4 oz.  1/2 oz.=50%	1 1/2 oz. 1 1/2 oz. 3/4 3/8 cup 3 Tbsp. 6 oz.  3/4 oz.=50%	2 oz. 2 oz. 1 1/2 cup 4 Tbsp. 6 oz.  1 oz.=50%	2 oz. 2 oz. 1 1/2 cup 4 Tbsp. 8 oz.  1 oz.=50%	1 1/2 oz. 1 1/2 oz. 3/4 3/8 cup 3 Tbsp. 12 oz.  3/4 oz.=50%
<b>Vegetables/Fruits</b> (2 different sources)  2 or more servings of vegetables or fruits or both to total	1/2 cup	1/2 cup	3/4 cup plus extra 1/2 cup over a week <sup>1</sup>	1 cup	3/4 cup
<b>Grains/Breads</b> <sup>3</sup> Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or 1/2 cup of cooked rice, macaroni, noodles, other pasta products or cereal grains	5 servings per week <sup>1</sup>  Minimum of 1/2 per day <sup>2</sup>	8 servings per week <sup>1</sup>  Minimum of 1 per day <sup>2</sup>	12 servings per week <sup>1</sup>  Minimum of 1 per day <sup>2</sup>	15 servings per week <sup>1</sup>  Minimum of 1 per day <sup>2</sup>	10 servings per week <sup>1</sup>  Minimum of 1 per day <sup>2</sup>

<sup>1</sup>For the purpose of this chart, a week equals five days.<sup>2</sup>Up to one grains/breads serving per day may be a dessert.<sup>3</sup>Minimum portion sizes and revised recipe calculations for grains/breads

<b>Enhanced Food-Based Menu Meal Pattern Breakfast</b>				
<b>Minimum Quantities</b>				
<b>Meal Component</b>	<b>Required For</b>			<b>Option For</b>
	<b>Ages 1-2</b>	<b>Preschool</b>	<b>Grades K-12</b>	<b>Grades 7-12</b>
<b>Milk (Fluid)</b> (As a beverage, on cereal or both)	1/2 cup	3/4 cup	8 fl. oz.	8 fl. oz.
<b>Juice/Vegetable/Fruit</b> Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	1/4 cup	1/2 cup	1/2 cup	1/2 cup
<b>Select <i>one</i> serving from each of the following components or <i>two</i> from one component</b>				
<b>Grains/Breads</b> One of the following or an equivalent combination:				
Whole grain or enriched bread	1/2 slice	1/2 slice	1 slice	1 slice
Whole grain or enriched biscuit/roll, muffin, etc.	1/2 serving	1/2 serving	1 serving	1 serving
Whole grain or enriched or fortified cereal	1/4 cup or 1/3 oz.	1/3 cup or 1/2 oz.	3/4 cup or 1 oz.	3/4 cup or 1 oz. Plus an additional serving of the Grains/Breads above.
<b>Meat/Meat Alternate</b> Meat, poultry or fish	1/2 oz.	1/2 oz.	1 oz.	1 oz.
Alternate Protein Product <sup>1</sup>				
Cheese	1/2 oz.	1/2 oz.	1 oz.	1 oz.
Large egg	1/2	1/2	1/2	1/2
Cooked dry beans and peas	2 Tbsp.	2 Tbsp.	4 Tbsp.	4 Tbsp.
Peanut butter or other nut or seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.	2 Tbsp.
Nut and/or seeds (as listed in program guidance) <sup>2</sup>	1/2 oz.	1/2 oz.	1 oz.	1 oz.
Yogurt, plain or flavored, unsweetened or sweetened	2 ounces or 1/4 cup	2 ounces or 1/4 cup	4 ounces or 1/2 cup	4 ounces or 1/2 cup

<sup>1</sup> Must follow requirement for 7CFR Parts 210 and 220 Appendix A (ex. soy flour, soy isolate, soy concentrates, whey protein concentrates, whey protein isolate, and casein).

<sup>2</sup> No more than 1 oz. of nuts and/or seeds may be served in any one meal.

## NSLP

**AFTER SCHOOL CARE SNACK MEAL PATTERN**

Reimbursement for snacks served in after school care programs is now available to schools under the NSLP. Snacks served under this provision must meet the following meal pattern requirements.

<b>Snack for children</b>	<b>Ages 1 and 2</b>	<b>Ages 3 through 5</b>	<b>Ages 6 through 18</b>
<b>Snack: (select 2 of these 4 components)</b>			
1. Milk, fluid	½ cup	½ cup	1 cup
2. Vegetable, fruit, or 100% full-strength juice***	½ cup	½ cup	¾ cup
3. Grains/Breads (whole grain or enriched): bread <b>or</b> cornbread, rolls, muffins, or biscuits <b>or</b> cold dry cereal (volume or weight, whichever is less) <b>or</b> cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or 1/3 oz ¼ cup	½ slice ½ serving 1/3 cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
4. Meat or meat alternates: Lean meat, fish or poultry (edible portion as served) <b>or</b> cheese* <b>or</b> egg or yogurt <b>or</b> cooked dry beans or peas** <b>or</b> peanut butter, soy nut butter or other nut or seed butters <b>or</b> peanuts, soy nuts, tree nuts or seeds	½ oz ½ oz ½ egg or ¼ cup 1/8 cup 1 Tbsp ½ oz	½ oz ½ oz ½ egg or ¼ cup 1/8 cup 1 Tbsp ½ oz	1 oz 1 oz 1 egg or ½ cup ¼ cup 2 Tbsps 1 oz
<b>or</b> any equivalent quantity of any combination of the above meat/meat alternates			

\*natural or processed only

\*\*in the same meal service, dried beans or dried peas may be used as a meat alternate or as a vegetable; however, such use does not satisfy the requirement for both components

\*\*\*juice may not be served when milk is served as the other component

No more than two dessert items may be served in one week.

We recommend that schools offer larger portions for older children (ages 13-18) based on their greater food energy requirements.

## MEAL PATTERNS FOR INFANTS

FOOD COMPONENTS	AGES 0 – 3 MONTHS	AGES 4 – 7 MONTHS	AGES 8 MONTHS – 11 MONTHS
<b>Breakfast:</b> 1 Iron-fortified infant formula or breast milk <sup>1</sup> <b>or</b> fluid whole milk (to be served only to infants older than 8 months)  2. Iron-fortified, dry infant cereal  3. Fruit and/or vegetable of appropriate consistency <sup>2</sup>	4-6 FL. OZ.	4-8 FL. OZ.  0-3 TBSP. (OPTIONAL)	6-8 FL. OZ.  2-4 TBSP.  1-4 TBSP.
<b>Lunch/Supper:</b> 1. Iron-fortified infant formula or breast milk <sup>1</sup> <b>or</b> fluid whole milk (to be served only to infants older than 8 months)  2. Iron-fortified, dry infant cereal <b>and/or</b> Meat <b>or</b> poultry <b>or</b> fish <b>or</b> Egg yolk <b>or</b> cooked dry beans <b>or</b> peas Cheese <b>or</b> Cottage cheese, cheese food <b>or</b> spread  3. Fruit and/or vegetable of appropriate consistency <sup>2</sup>	4-6 FL. OZ.	4-8 FL. OZ.  0-3 TBSP (OPTIONAL).  0-3 TBSP. (OPTIONAL)	6-8 FL. OZ.  2-4 TBSP.  1-4 TBSP.  ½ -2 OZ  1-4 OZ.  1-4 TBSP.
<b>Snack:</b> 1. Iron-fortified infant formula, breast milk, fluid whole milk (to be served only to infants older than 8 months), or full-strength fruit juice  2. Crusty bread <b>or</b> crackers <sup>3</sup>	4-6 FL. OZ.	4-6 FL. OZ.	2-4 FL. OZ.  0- ½ SLICE 0-2 (OPTIONAL)

<sup>1</sup> MEALS CONTAINING ONLY BREAST MILK OR FORMULA PROVIDED BY THE INFANT'S MOTHER Do NOT QUALIFY FOR REIMBURSEMENT. However, meals containing breast milk or formula served to infants by guardian may be claimed for reimbursement when at least the caregiver or school supplies one component of the infant's meal.

<sup>2</sup> Juice does not fulfill the fruit/vegetable requirement at breakfast, lunch or supper.

<sup>3</sup> Bread or crackers must be made from whole-grain or enriched meal or flour.

## INFANT FEEDING RECORD

**Instructions:** Write the name of the infant eating the meal. Record the **amounts** each infant is given. Formula and cereal **must** be iron-fortified. Refer to meal pattern requirements for additional clarification on food components and serving sizes.

Date \_\_\_\_\_

Names	Breakfast	Lunch/Supper	AM Snack	PM Snack
<b>0-3 mos.</b>	Iron-Fortified Formula 4-6 oz.	Iron-Fortified Formula 4-6 oz.	Iron-Fortified Formula 4-6 oz.	Iron-Fortified Formula 4-6 oz.

Names	Breakfast		Lunch/Supper			AM Snack	PM Snack
<b>4-7 mos.</b>	Iron-Fortified Formula 4-8 oz.	Iron-Fortified Cereal 0-3 T	Iron-Fortified Formula 4-8 oz.	Iron-Fortified Cereal 0-3 T	Fruit and/or Vegetable 0-3 T	Iron-Fortified Formula 4-6 oz.	Iron-Fortified Formula 4-6 oz.

Names	Breakfast			Lunch/Supper				AM Snack		PM Snack	
<b>8-11 mos.</b>	Iron-Fortified Formula * 6-8 oz.	Iron-Fortified Cereal 2-4 T	Fruit and/or Vegetable 1-4 T	Iron-Fortified Formula* 6-8 oz.	Iron-Fortified Cereal 2-4 T	Fruit and/or Vegetable 1-4 T	Meat 1-4 T	Iron-Fortified Formula * or Fruit Juice 4-6 oz.	Bread 0 - ½ slice or Crackers 0-2**	Iron-Fortified Formula * or Fruit Juice 4-6 oz.	Bread 0 - ½ slice or Crackers 0-2**

T = Tablespoon

\* 8-11 mos. may drink whole milk or breast milk

\*\* Bread must be made with whole-grain, or enriched meal or flour

## **NONCREDITABLE FOODS IN THE NSLP**

Noncreditable foods may be served during the lunch period, as well as contribute to the nutritional content of the menu. However, these foods do not count toward the meal requirements in Traditional and Food Based Meal Patterns.

### **MEAT/MEAT ALTERNATE GROUPS**

- Bacon
- Cream Cheese
- Tofu
- Canned Meat Soups (Example: Chicken Noodle, Chicken Rice)
- Packaged Macaroni/Cheese/Spaghetti Products
- Imitation cheese
- Noncommercial and/or Nonstandardized Yogurt Products (Example: frozen yogurt, homemade yogurt, yogurt flavored products, yogurt bars, yogurt covered fruit and/or nuts and similar products)

### **FRUIT/VEGETABLE GROUP**

- Jams, Jelly Preserves
- Plain Gelatin Desserts
- Nectars (Example: Peach, Pear, Apricot)
- Ades (Lemonade, Limeade, Orangeade)
- Fruit Drinks (Example: Pineapple/Grapefruit Drink/HI-C)
- Cranberry Juice, Cranapple Juice Cocktail, Cranapple Juice
- Coconut
- Tomato Catsup
- Hominy
- Mustard
- Pickle Relish
- Chili Sauce
- Dry Vegetables for Seasoning
- Cream of Celery Soup
- Cream of Mushroom Soup
- Potato chips, Corn Chips
- Potato Sticks
- Fruit Roll-ups, Fruit Leathers

### **GRAINS/BREADS ALTERNATE GROUP**

- Dessert such as pie crust, cakes, cookies  
(creditable only under Food Based Meal Pattern)

### **MILK GROUP**

- Ice Cream, Ice Milk or Sherbet
- Yogurt
- Butter
- Evaporated Milk
- Dry Milk



## RESTRICTED COMPETITIVE FOODS IN THE NSLP

Competitive foods are any foods sold in competition with the program in food service areas during the lunch periods. Restricted competitive foods CANNOT be sold where a reimbursable meal is being sold or eaten. These foods are considered to have minimal nutritional value as defined by Appendix B to 7 CFR Parts 210 and 220 Category of Foods of Minimal Nutritional Value.

- (1) **SODA WATER** - Class of beverages made by absorbing carbon dioxide in potable water. No product shall be excluded from this definition because it contains artificial sweeteners or discrete nutrients added to the food such as vitamins, minerals, and proteins.
- (2) **WATER ICES** - As defined by 21CFR 135.160 Food and Drug Administration Regulations, except that water ices which contain fruit or fruit juices are not included in this definition.
- (3) **CHEWING GUM** - Flavored products from natural or synthetic gums and other ingredients which form an insoluble mass for chewing.
- (4) **CERTAIN CANDIES** - Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:
  - (a) **Hard Candy** - A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.
  - (b) **Jellies and Gums** - A mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.
  - (c) **Marshmallow Candies** - An aerated confection composed of sugar, corn syrup, invert sugar, 20% water and gelatin or egg white to which flavors and colors may be added.
  - (d) **Fondant** - A product consisting of microscopic sized sugar crystals which are separated by a thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.
  - (e) **Licorice** - A product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root.
  - (f) **Spun Candy** - A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.
  - (g) **Candy Coated Popcorn** - Popcorn which is coated with a mixture made predominantly from sugar and corn syrup.

\* Petitions to amend these categories may be submitted on or before November 15, or May 15 of each year to: Chief, Technical Assistance Branch, Nutrition and Technical Services Division, FCS, USDA, Alexandria, VA 22302.

**Source:** Code of Federal Regulations, Title 7, Part 210, Appendix B.

## **RESTRICTED COMPETITIVE FOOD EXCEPTIONS IN THE NSLP**

The United States Department of Agriculture (USDA) recently modified the FMNV list, allowing specified foods from the following companies to be sold in food service areas during meal service.

### **Volunteer Marketing, Inc**

- FIZZ Sparkling Fruit Juice Beverage (Island Blast, Black Cherry, Concord Grape, and Tangerine Dream)

### **Multi Flow Dispensers**

- Harvest Squeeze Sparkling Beverages (Sparkling Kiwi Strawberry Juice Blend, Sparkling Citrus Peach Juice Blend, Sparkling Fruit Punch)

### **General Mills**

- Special Edition (Sunkist Fruit Spirals, String Thing, Fruit Gushers Fruit Snack, Fruit Snacks)
- Betty Crocker Special Edition Fruit Roll Ups and Fruit by the Foot

### **Knudson and Sons, Inc**

- Orange Passionfruit Spritzer
- Orange Spritzer
- Jamaican Style Lemonade Spritzer

### **FJ Fizz**

- Flavored Sparkling Fruit Juice Beverage from Concentrates (Grape, Cherry, Strawberry, Raspberry, Orange, Cherry Cola)

### **Great Brands of Canada, Ltd**

- Sparkling Spring Water with Natural Fruit Flavors (Strawberry, Black Cherry, Raspberry, Peach Orange, Watermelon, Lemon Lime)

### **Farley Foods, U.S.A.**

- Farley's THE ROLL Fruit Roll slp (Cherry and Strawberry)

### **Canada Pure Water Company LTD**

- Sparkling Refreshers (Wildberry, Black Cherry, Peach, Raspberry, Lemon Lime, Orange)

### **Clearly Canadian Beverage Corporation**

- Quencher (Grape, Apple, Tropical Lime, Fruit & Berry)

### **North Face Beverages**

- Splash Thirst Quencher (Cherry, Lemon Lime, Grapefruit, Mountainberry, Orange, Strawberry-Kiwi)

## **RESTRICTED COMPETITIVE FOOD EXCEPTIONS IN THE NSLP**

*Continued*

### **Eastside Beverage Company**

- Sparkling Spring Water Fruit Beverage (Orange Passion Fruit Refresher, Red Raspberry Refresher, Strawberry Kiwi Refresher, Wild Blackberry Refresher, Pink Grapefruit Refresher)

### **International Home Foods**

- Grist Mill<sup>TM</sup> Curious George<sup>TM</sup> Fruit Snacks

### **Promotion In Motion, Inc**

- Real Fruit Snacks (DIONAURS, FRUIT PARADE, ALL STARS, Pirate's TREASURE, JAWS<sup>TM</sup>, TRICKERTREATS<sup>TM</sup>)
- WELCH'S® Fruit Snack Mixed Fruit

### **Gage Foods**

- Fruit Shapes Fruit Snacks

### **Brach's Confections, Inc**

- Hi-C® Fruit Snack
- Froot Loops Fruit Snacks
- Clifford, The Big Red Dog<sup>TM</sup> Fruit Snacks

### **Mac Farms, Inc**

- e-MOO Carbonated Dairy-Based Beverage

Although these foods are not considered FMNVs, this does not mean they are approved or endorsed by the USDA Food and Nutrition Services or the Arizona Department of Education.

For detailed information on other companies/products that are not considered FMNVs, please visit: <http://www.ade.a.z.gov/health-safety/cnp/nslp/foodstomonitor/>

**MEDICAL STATEMENT  
FOR PARTICIPANTS WITH DISABILITIES REQUIRING SPECIAL MEALS**

Part I (to be filled out by School District)

<b>Name of Participant</b>	<b>Age</b>	<b>School District/School</b>
<b>Parent Name</b>	<b>Date</b>	<b>Telephone</b> (     )

Part II (to be filled out by the Physician)

Disability or Medical Condition Requiring a Special Diet:

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Brief Description of Participant's Major Life Activity Affected by Disability:

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Diet Prescription and/or Texture Modification: (Please describe in detail to ensure proper implementation and compliance)

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Indicate texture:      ☐ Regular    ☐ Chopped    ☐ Ground    ☐ Pureed

<b>Foods to be Omitted</b>	<b>Suggested Substitutions</b>

Special Feeding Equipment:

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\_\_\_\_\_  
Signature of Physician

\_\_\_\_\_  
Date

## COMPARISON CHART

	CHILD NUTRITION LABELS	PRODUCT SPECIFICATION SHEETS	NUTRIENT DATA OR NUTRITION FACTS	ADVERTISING LITERATURE
DESCRIPTION	Product label which contains a statement that clearly identifies the meal pattern contribution of the product.	Document which contains a statement that clearly identifies the meal pattern contribution to the product.	Document which identifies available nutrients within product	Any printed material that contains varied information about one or more product.
STANDARD INFORMATION IS REQUIRED	Yes	No	Yes	No
REVIEWED AND MONITORED BY USDA	Yes	No	No	No
PROVIDES A USDA WARRANTY	Yes	No	No	No
PRODUCT IDENTIFICATION NUMBERS	Each CN labeled product is assigned its own distinct 6-digit identification number.	The product must be identifiable by name, code number, weight, ingredient listing, etc.	No standards	No standards
ACCEPTED ON ADMINISTRATIVE REVIEW	Yes	Yes	No	No